



8. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

Trogisch, Volker

Club: VfL 28 Ellrich
Number: 70

Course: 9.30 km
Kurze Strecke

Category:
Männer M40

Total time: 37:57

Speed: 14.23 km/h
Running performance: 4:05 min/km

Rank in course/Total: 31 (of 307)

Rank in course/Men: 29 (of 222)

Best time in course: 31:22

Rank in category: 5(of 23)

Best time in the category: 34:11